



## CARING FOR YOUR IMPLANTS

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The success of your implants depends on your personal oral hygiene practices and regular visits to the hygienist and dentist. Professional cleaning should be done every four to six months.

It is extremely important for you to follow a daily program of oral hygiene at home. While cleaning should be done as often as possible, the most important times are after each meal and at bedtime.

The following recommendations for cleaning around your implant abutments should be followed twice daily:

1. Use a soft nylon bristle toothbrush, such as Oral-B, Butler, Reach, or Colgate Plug. Before using the brush, rinse the bristles in hot water to soften them. Electric toothbrushes are the preferred brushes for implants, Braun or Sonicare, or the one recommended by your dental professional.
2. Brush with toothpaste.
3. Floss around each implant abutment at least twice a day (especially before bedtime) with regular dental floss, Super Floss from Oral-B, nylon yarn, or with a long strip of cotton gauze.
4. Rinse at least 30 seconds with an anti-plaque mouthwash if possible.
5. If you have an irrigation system use 1 ½ cups of water to 2 cups of a mouthwash. Irrigate around each implant abutment at a slow speed. This type of irrigation system is highly recommended to remove the plaque under your gums, which harbors toxic bacteria. Rinsing out the toxins will lessen the chances for inflammation around implant abutment.
6. Monitor yourself at home in order to detect early signs of inflammation (i.e. bleeding, swelling), and contact us if any problems arise.
7. Be sure to have the implants cleaned professionally at least twice a year.

These suggestions are intended to help you maintain healthy tissue and successful implants. It is your responsibility to practice good oral hygiene every day for the optimum health of your implants.